



Anne Gordon Center for Active Adults at Millbrook Exchange **Fitness Programs**

Beginner Line Dancing for Active Adults

Experience the fun of line dancing. Come learn some easy line dances, a great way to get some exercise and put a smile on your face. Instructor: Mitzi Kelley

#131031	Fridays, September 21-28	10:00 AM-11:00 AM	Class Fee: \$0
#131032	Fridays, October 5-26	10:00 AM-11:00 AM	Class Fee: \$0
#131033	Fridays, November 2-23	10:00 AM-11:00 AM	Class Fee: \$0
#131034	Fridays, December 7-28	10:00 AM-11:00 AM	Class Fee: \$0

Beginners Tai Chi for Active Adults

Tai Chi is an low/no impact slow motion exercise consisting of a series of motions. As you move you focus on breathing naturally, paying attention on your movements and your bodily sensations. This exercise can be adapted for anyone from a fit person to an individual with limited motions or strength. Benefits from this exercise include: enhance immune system, lowers blood pressure, reduces chronic pain, and much more. Instructor: Michael Hronas

#131236	Tuesdays, September 18-25	10:30 AM-11:15 AM	Class Fee: Demonstration Classes
#131237	Tuesdays, October 2-30	10:30 AM-11:15 AM	Class Fee: \$8
#131238	Tuesdays, November 6-27	10:30 AM-11:15 AM	Class Fee: \$8
#131239	Tuesdays, December 4-18	10:30 AM-11:15 AM	Class Fee: \$8

Guided Relaxation to a Healthier You

Learn how to slow down your day to day life, relax, relieve stress, even start sleeping better. This class will be performed seated in a chair while you learn breathing and relaxation techniques. Your instructor guides you, using speech and imagery, to obtain mental, muscle and total body relaxation. No impact/no aerobic activity. Instructor: Lauren Llewellyn.

#129911	Mondays, September 17-24	1:30 PM-2:15 PM	Class Fee: Demonstration Classes
#129914	Mondays, October 1-29	1:30 PM-2:15 PM	Class Fee: \$8
#129915	Mondays, November 5-26	1:30 PM-2:15 PM	Class Fee: \$8
#129918	Mondays, December 3-31	1:30 PM-2:15 PM	Class Fee: \$8

Seniorcise

Low impact exercises for older adults. Strengthen your muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility, and strength through stretching, light weights, and aerobic activity. There are different instructors for each location. Instructor: Lorraine Norris

#130641	Tues/Thurs, September 4-27	9:15 AM-10:00 AM	Class Fee: \$15 Relocated to Tennis Center
#130642	Tues/Thurs, October 2-30	9:15 AM-10:00 AM	Class Fee: \$15
#130643	Tues/Thurs, November 1-29	9:15 AM-10:00 AM	Class Fee: \$15
#130644	Tues/Thurs, December 4-27	9:15 AM-10:00 AM	Class Fee: \$15

Therapeutic QiGong

The 24 movements of QiGong are gentle, simple and designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or can even be reversed, including arthritis, diabetes, high blood pressure and more. Class requires standing and simple upper body movements. Beginner level class.

Instructor: Michael Hronas

#131002	Fridays, September 21-28	10:30 AM-11:15 AM	Class Fee: Demonstration Classes
#131003	Fridays, October 5-26	10:30 AM-11:15 AM	Class Fee: \$8
#131004	Fridays, November 2-23	10:30 AM-11:15 AM	Class Fee: \$8
#131005	Fridays, December 7-28	10:30 AM-11:15 AM	Class Fee: \$8

